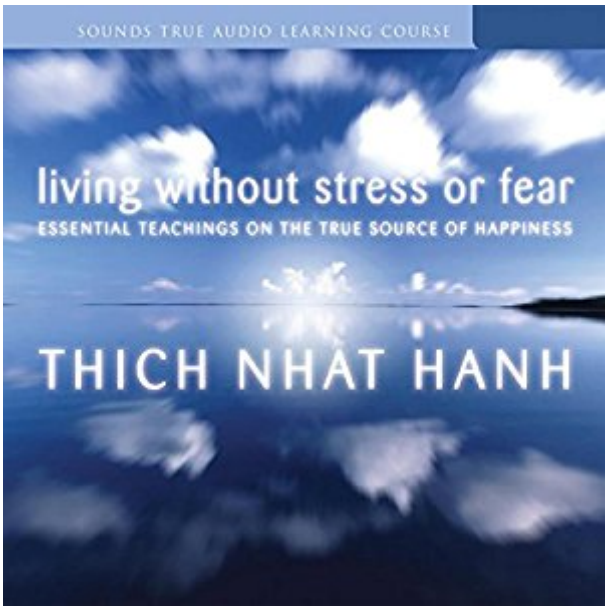
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Living Without Stress Or Fear: Essential Teachings On The True Source Of Happiness



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Synopsis

The Mindful Path to Freedom from the Emotions that Cause Suffering. A life without stress or fear may seem like an impossible dream-yet Thich Nhat Hanh has spent a lifetime proving that it is not only possible, it is also within our grasp. In Living Without Stress or Fear, this treasured Zen master shares a message of hope: that we can, through the practice of mindfulness, find freedom from the grip of emotions like anxiety, anger, and despair. "Suffering persists because we nourish the feelings that cause it," reveals Thich Nhat Hanh. "Through mindful living, we learn to nourish our compassionate nature instead.". Discovering Your "True Home" in the Present Moment. We do not find happiness by suppressing emotions like stress or fear. As Thich Nhat Hanh teaches, you can develop a capacity to deal with such emotions by building a sanctuary-your "true home"-in the present moment. Through techniques such as "mindful breathing" and the "begin anew" practice, you purposefully expand your ability to dwell in a state of peaceful clarity, and develop the insight to see through to the underlying causes of negative emotions. By facing your inner darkness with awakened compassion, you can transform toxic energies within you-and radiate the energy of lovingkindness to everyone around you. Essential Teachings from a Legendary Voice for Peace. Thich Nhat Hanh has lived and taught the path of peace in the most challenging situations-carrying the light of compassion into places stricken by war, famine, and despair. Refined throughout a lifetime of mindfulness in action, he now shares his most transformative teachings and practices to guide you in your own journey to the source of happiness on Living Without Stress or Fear. HIGHLIGHTS: Foundational mindfulness practices: being fully present while walking, breathing, and eating. Seeds of happiness, seeds of suffering: how we choose which emotions to nourish with our attention. The four-pebble meditation for openness, clarity, and grounding "No death and no birth, neither being nor non-being"-embracing the central paradox at the heart of fearless living. The role of community in supporting your practice. "We are all one organis"- perspective-shifting meditations on compassion. Practices for bringing mindfulness into your family and your relationships. Six sessions of Thich Nhat Hanh’s core teachings and guided practices on mindfulness, compassion, and finding freedom from suffering. Thich Nhat Hanh is a Zen master in the Vietnamese tradition, scholar, poet, and peace activist who was nominated for the 1967 Nobel Peace Prize by Martin Luther King, Jr. He is the author of more than 40 books in English, including Peace Is Every Step and Living Buddha Living Christ. --This text refers to the Audio CD edition.

Book Information

Audible Audio Edition

Listening Length: 6 hoursÃ Â andÃ Â 26 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: January 15, 2010

Language: English

ASIN: B0034KHDQW

Best Sellers Rank: #50 inÃ Â Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #61 inÃ Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #193 inÃ Â Books > Self-Help > Stress Management

Customer Reviews

The only reason that I did not give this a 5 is because Thich Nhat Hanh’s voice is a bit husky on part of the recording, and difficult to hear (for me) with any background noise. The material is fresh and can be apprehended by the Western mind. Humanistic personal psychology and how to create positive changes is presented in a logical, coherent and compassionate manner. He provides examples of principles that virtually all listeners can understand.He presents Buddhist methods for dealing with one’s own disturbing emotions that are totally counter to emulating stoicism. His sweet sense of humor pads the corridors of the somewhat scary work of facing and embracing tenderly one’s own true feeling, and using methods to transform them to their opposites, to find peace and expansion of consciousness in the process. This is for people who are willing to find out who they are and what they are feeling in order to get the benefit of emotional freedom. I purchased the audio book because it is much easier for me to learn that way than by hitting the books.

My only misgiving about these recordings is that it is a little hard to hear TNH. Still, I give this five stars because the teaching is superb as is the sweet, venerable master delivering it. If you are a fan of Thich Nhat Hanh, you will love this and if you’re not familiar with his teachings, he will open your eyes to living authentically, by helping you to bring your inner self in balance with the external world. Certain teachings of his remain with me for days, echoing in my mind long after having listened. It’s a little pricey, but worth every penny of you’re looking for guidance or reminders on how to live optimally.

I’ve been able to listen to the first disc only so far, but am captivated by Thich Nhat Hanh’s insight

and lessons for life. Yes, he speaks quietly and that makes you get quiet and listen--which is one of the points of the path on which he encourages us.

his message is great, but the background noise (live audience) is often very distracting making it hard to hear what he's saying.

Thich Nhat Hanh has a great insight and philosophy on life and all of its virtues. He's easy to listen to and understand.

Cd came without any damages. Very helpful cd.

this deepends the teaching of living life fuller; i.e. being aware of it, by addressing the condition of fear.

The key point that Thich brings out so well is that so much of our suffering comes about from the way we react against our pain and the ups and downs of life. 'Pain is inevitable; suffering is optional', as the saying goes. Thich helps guide us to smile at our reactions, the products of the little mind, the mind that is chained to the thoughts and emotions that arise from our conditioning. In this simple response of mindfulness, our inner pain has a chance to heal.Great words from a great master. I also recommend 'The Path of Mindfulness Meditation' by Dr Peter Strong, an in-depth exploration of mindfulness meditation.

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